



Join the Team!

Eat Smart. Play Hard.™

Is your program considering how to improve the nutrition and physical activity environment for students?

If the answer is YES, then join the growing number of Child Nutrition Programs across Iowa that are signing up to be a TEAM Nutrition program. TEAM Nutrition provides resources and support to programs that are committed to improving the nutrition and physical activity choices of students.

What is TEAM Nutrition?

Many of you have heard about the USDA's TEAM Nutrition through the various grants and activities that have been ongoing in Iowa over the last seven years. For those of you that may not have had an active part in these plans here is some background information. TEAM Nutrition is an integrated, behavior based, comprehensive plan for promoting the nutritional health of the Nation's children. This plan involves Child Nutrition Programs, parents, and the community in efforts to continuously improve program meals, and to promote the health and education of 50 million children in more than 96,000 programs nationwide. TEAM Nutrition's goal is to improve children's lifelong eating and physical activity habits by using the principles of the Dietary Guidelines for Americans and the Food Guide Pyramid.

What can TEAM Nutrition do for my program?

- ▶ You can become part of a network of programs leading change around the country by signing up to become a TEAM Nutrition Program. You will immediately receive a free start-up kit from the United States Department of Agriculture (USDA). You'll also receive electronic TEAM Nutrition newsletters from USDA and the Iowa Department of Education that will keep you informed about new resources and success stories from programs across the nation and state.
- ▶ Iowa is unique in that all Child Nutrition Programs including the Child and Adult Care Feeding Program, Summer Food Service Program, and National School Lunch Program, are eligible to be a Team Nutrition participant. Team Nutrition enrollment, resources, mini-grant awards, and recognition are available to all programs.
- ▶ \$500 mini-grants are available to assist programs that want to enhance nutrition education, expand physical activity options, make policy changes regarding food and physical activity in programs or conduct events to promote healthy eating and physical activity. Mini-grant forms and examples are

available at: <http://www.state.ia.us/educate/ecese/fn/tn/documents.html> . Contact Janet Wendland at janet.wendland@iowa.gov to see if you qualify.

- Be recognized as a program that is promoting a Healthy Nutrition Environment. Nutrition-related diseases are compromising the present and future health of our children. Child Nutrition Programs have a major role to play in addressing these trends. Programs that enhance nutrition education, expand physical activity options, make policy changes regarding food and physical activity in centers or schools and conduct events to promote healthy eating and physical activity will be recognized. Programs may be recognized by an *Eat Smart* award for nutrition events, or *Play Hard* award for physical activity events. For an event that demonstrates comprehensive nutrition and physical activity ideas a *Power Panther* award is available. Applications for these awards are due in the spring of each year and you can go to: <http://www.state.ia.us/educate/ecese/fn/tn/documents.html> to download the *Eat Smart*, *Play Hard*, *Power Panther* application form.

Where can you go to join TEAM Nutrition and get lots of resources and information?

Contact Janet Wendland at janet.wendland@iowa.gov 515-281-5676 to enroll in TEAM Nutrition. The following USDA web site explains what you receive when you enroll* .

<http://www.fns.usda.gov/tn/Join/index.htm>

*We request that you enroll by contacting Janet Wendland at the Iowa Bureau of Nutrition Programs not via the USDA web site. She will forward your enrollment information to the USDA. You will still receive the materials, but enrolling through the Iowa Bureau of Nutrition Programs and School Transportation insures you are on the Iowa database sooner to receive additional Iowa resources.

For additional resources try this web site: www.fns.usda.gov/tn/. Programs will find ideas for program activities that have already been used, an on-line catalog of resource materials—many that can be downloaded, and a resource page created for nutrition educators. Parents can find healthy recipes, a ten-step guide for parents to encourage healthy eating at program and fun nutrition-related activities for the whole family. Students are also encouraged to go to this site to find a special student section designed by middle program students to provide an interactive approach to learning about their health and nutrition.

Other Online Resources

Team Nutrition curriculum and resources website: <http://www.fns.usda.gov/tn/Resources/>

Information on developing **Local Wellness Policy** and other related resources can be found at this Team Nutrition website: <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Healthy School Nutrition Environments information and resources can be found at: <http://schoolmeals.nal.usda.gov/Resource/schoolhealth.htm>

HealthierUS Program Challenge information on certification and recognition can be found at: <http://www.fns.usda.gov/tn/HealthierUS/index.htm>

Changing the Scene: Improving the School Nutrition Environment. Tool Kit. September 2000. United States Department of Agriculture, Food and Nutrition Service. 3101 Park Center Drive, Room 1010. Alexandria, VA 22302. Website: <http://www.fns.usda.gov/tn/Healthy/changing.html>

Fit, Healthy and Ready to Learn. Part 1: Physical Activity, Healthy Eating, and Tobacco-Use Prevention. Chapter E: Policies to Promote Healthy Eating. National Association of State Boards of Education. Website: <http://www.nasbe.org> Included as part of the Changing the Scene Tool Kit.

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide. 2004. Website: www.cdc.gov/HealthyYouth/SHI

Making it Happen: School Nutrition Success Stories. Website: http://www.fns.usda.gov/tn/Healthy/execsummary_makingithappen.html

ISU Extension website: www.extension.iastate.edu/nutrition
Click on "Ask the Specialist" and at bottom of page for Nutrition Staff Directory

Action for Healthy Kids (AFHK) organization website <http://www.actionforhealthykids.org>

National Association of School Boards <http://www.nasbe.org>

Center for Science in the Public Interest Case Studies website:
http://www.cspinet.org/nutritionpolicy/improved_school_foods_without_losing_revenue2.pdf

Program Foods Tool Kit: A Guide to Improving Program Foods and Beverages. Part 1. Sept. 2003. Center for Science in the Public Interest (CSPI), Nutrition Policy Project, 1875 Connecticut Ave, NW, Suite 300, Washington DC 20009. Website: <http://cspinet.org/schoolfood/index.html>

Dispensing Junk: How Program Vending Undermines Efforts to Feed Children Well. May 2004. Center for Science in the Public Interest. (CSPI), 1875 Connecticut Ave, NW, Suite 300, Washington DC 20009.

Eat Smart, Move More (North Carolina) website:
<http://www.eatsmartmovemorenc.com/ESMMmaterials/SchoolFoodsStandards.pdf>

Michigan State University Extension website <http://www.tn.fcs.msue.msu.edu/foodrewards.pdf>

Michigan Team Nutrition Healthy School Nutrition Environment Checklist website:
http://www.fns.usda.gov/tn/Healthy/MI_checklist.pdf

Keys to Excellence: Standard of Practice for Nutrition Integrity website
<http://www.schoolnutrition.org/KEYS.aspx?ID=1158>